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SOKOL



TIMES

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Shamrock mini-meet



Above, Gymnasts from Sokol USA Chicago participated in the annual American Sokol Central District Shamrock Gymnastics mini-meet held on March 16, 2024. At left, Jeanine Barhoumeh from Lodge 306 in Chicago was just a few of several Sokol USA members that placed and received a medal at the mini-meet. More photos on Page x.

From the President's View

By the time this article appears in the *Sokol Times*, spring will be in full swing! As I write, the spring flowers are poking their heads above ground, the weather is becoming warmer, and the days are becoming much longer.

In Slovakia, the arrival of spring is marked by the drowning of the *Morena*. The *Morena* is a straw figure in the shape of a witch. With the arrival of spring, villagers take the *Morena* figure to a lake or stream and symbolize the end of the winter by throwing the effigy into the water, officially announcing the arrival of spring. The Slovak Christian world heralds the arrival of Easter with the ceremony of the blessing of Easter baskets on Holy Saturday.

The arrival of spring is a time of renewal. As nature renews itself, so too can we. We can go walking in the neighborhood, in a park, or in the mall. Regular walking is a great way to lose the pounds that may have accumulated due to the winter holidays and weather. Bike riding, which is great aerobic exercise, is also possible now – as the season starts outdoors or on a stationary bike.

It is also a time we can renew our friendships with fellow Sokols. Lodges can meet and make plans for the summer. Many lodges hold regular sports programs,



Joseph Bielecki

and it's also a good time for people to engage in our traditional Sokol sports. It is important for our lodges to be active and vibrant.

Many lodges no longer have lodge halls or gyms. They meet at different sites. I encourage lodges to contact Sister Shurina, our fraternal activities director. During the last year, she has worked with several lodges to help them create community service projects and utilize seed money from Sokol USA to help realize these activities. Engaging in a common fraternal activity is a great way for members to come together, to stay involved, and improve their communities.

As I write this article, the Prague Slet is almost upon us. I encourage those who are able to attend the Slet. It is a once-in-a-lifetime experience. (Continued on Page 6)

SOKOL TIMES

official organ of the
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SOKOL USA

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Sokol Website Update

Sokol USA is working with Lab Media, redesigning our website! The new website design will be a user-friendly comprehensive site to better fit the needs of our lodges and Sokol USA together. We are looking for high resolution images of your lodge members and functions. Please include the lodge name and names of individuals in the photos. New images can be emailed to SOKOL USA National Fraternal Secretary John Kennedy at kennedy1073@gmail.com.

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AMERICAN SOKOL INSTRUCTORS SCHOOL

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DATE

JULY 13TH - JULY 21ST 2024

LEVELS: BEGINNER, INTERMEDIATE, ADVANCED, ADVANCED II

Sokol Cedar Rapids
5200 18th Ave SW,
Cedar Rapids, IA
52404

Springing Forward

Spring has arrived and we are back to daylight saving time after moving the clocks ahead on March 10th. For most of the country, that means the cold of winter is making its exit and longer days with more sunshine are upon us. As we prepare to move forward with warmer weather at this time of year, here's a quick reminder of a few safety tips to keep in mind.

Now is a good time to check the condition of our smoke detectors and carbon dioxide monitors as fully functional ones are proven to save lives. As many of us start our spring-cleaning routines, be sure to remember the following: many household cleaners have strong chemicals that should be kept in their original containers, stored away from food, don't mix them together as dangerous reactions can occur, and always use in a well-ventilated space.

A belated Happy Easter is in order for all our members, and we here at Sokol HQ want to wish you and yours a lovely holiday. Upcoming events in the organization include the District MCT Annual Meeting at Lodge 255 in Leechburg on April 28th, the National Board Meeting in May at Headquarters, Farrell Lodge is holding their annual meeting Sunday, June 2nd, and the 15th annual Golf Outing will be on Saturday, June 8th. Additionally, the World Sokol Fest in Prague will be held from June 30th to July 5th this year.

To all our Sokol students still in the thralls of their education, remember that your eligibility for the GBU Foundation Scholarship applications is due at different times in May and June. Furthermore, the due dates for the Fraternal Alliance Scholarships for New England and Pennsylvania members can be found on pages 28 and 29 of the Reporter Winter Edition.

Have a wonderful Spring and be ready to enjoy all our upcoming events.

NAZDAR

Sister Nancy Shurina

Chair of Fraternal Activities

118TH ANNUAL MEETING OF SOKOL USA FARRELL

With a Special Honor to Sarah Goda

Brother President, Tim Brandt will open the 118th Annual Meeting of Sokol Farrell with his gavel at 1 p.m. on Sunday, June 2, 2024, at the Avalon Country Club at Buhl Park in Sharon, Pa.

But, this year's meeting will have a special purpose: that is to honor our Sokol Sister Sarah Goda on receiving her Ph.D from the University of Pittsburgh.

We invite our members to attend this meeting and we especially invite those members who were in the gym at the time Sarah was attending and teaching classes. Lunch will be FREE for Sokol Farrell members.

Following our meal, the business portion of our meeting will take place. Important topics concerning our operation, especially our gymnastic classes, will be discussed, such as methods for attempting to acquire new members, AAU membership and liability, our Golf Scramble, etc.

Sokol Farrell members who wish to attend the meeting will need to notify us no later than Friday, May 24th either by one of three different ways:

- 1) by personally informing an officer;
- 2) by calling our office phone at 724-977-0384 and leaving a message;
- 3) by sending an email to s_banjak@sokolfarrell.org.

(Be sure to identify yourself and those members who will be attending along with you; Non-members who wish to attend will be charged. (Those 15 years and younger must be accompanied by an adult.)

June 25-29 2025

CHICAGO

2 0 2 5

XXV AMERICAN SOKOL SLET

We can't wait to see you at our first ASO Slet in 8 years!

Stay tuned for more details.

Celebrating St. Patrick's Day



Sokol Lodge 30 members celebrating St. Patrick's Day at the club for their annual fundraiser.



Sokol Lodge 30 President Mark Omasta and Vice President of Lodge 30 and National Fraternal Secretary John Kennedy celebrating St. Patrick's Day at the lodge.



Sokol Lodge 30 members Olivia and Kerri Sommer celebrating St. Patrick's Day at the lodge's annual fundraiser.

Team Challenge Gymnastics



Sister Kerri Sommer from Lodge 30 volunteering at the Team Challenge Gymnastics Meet hosted by Gymnastics Revolution in Danbury, Conn. Funds were raised for Special Olympics.

DONATIONS GRATEFULLY ACKNOWLEDGED

To the Milan Getting Scholarship Fund

- From Lodge 79, Mahanoy City, Pa. \$42.50
In Memory of Deceased Members
- From Lodge 248, Rossford, Ohio \$248.00
In Memory of Deceased Members
- From Lodge 12, Newark, NJ \$50.00
In Memory of Deceased Members

To the Sports, Fitness and Wellness Fund

- From Sandra Lee Gullborg (Blistan) \$100.00
Memorial Donation for Matthew M. Blistan, Sr. 100th Birthday on February 10, 2024
- From Lodge 79, Mahanoy City, Pa. \$42.50
In Memory of Deceased Members
- From Lodge 248, Rossford, Ohio \$248.00
In Memory of Deceased Members
- From Lodge 12, Newark, NJ \$50.00
In Memory of Deceased Members
- From John Kennedy, Lodge 30 \$50.00
In Memory of Njaal Svege



SHAMROCK MINI-MEET – Above, gymnasts from all over the Chicago area came to Slovak American Sokol Krivan (Lodge 306) located on the Northwest side of Chicago. Below, Lucia Fernandez from Lodge 306 in Chicago was just a few of several Sokol USA members that placed and received a medal at the mini-meet.

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JUNE
2024**

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AMERICAN SOKOL NATIONAL CAMP

June 23-29 2024

AT SOKOL CAMP IN ST. LOUIS, MISSOURI

more details and registration info coming soon



sign up to receive updates

If you or someone you know might be interested in being a Camper or you want more information about being a Counselor or volunteering as a Cook or Night Watch, use the QR code above or visit: rb.gy/c5rfy

STEVE BANJAK MEMORIAL SCHOLARSHIP APPLICATIONS DUE

Sokol Farrell announced that **NEW** applications for the Steve Banjak Memorial Scholarship are due by May 1, 2024, for eligible members who will be attending a college or university in the fall of this year.

As of 2023, Sokol Farrell has increased the award to \$2,500, allocated in the following manner: \$1,000 in the first year and then annual installments of \$500 over the next three years, providing 1) membership in Sokol Farrell, 2) a grade point average of 2.0 (4.0 system) and 3) full-time student status are maintained.

RENEWAL applications for the fall semester for those who have previously received the scholarship are due by June 1, 2024. Up to \$2,500 will be awarded to qualified Sokol Farrell members over a four-year period. Please refer to the Sokol Farrell website for applications and instructions. We are located at <http://www.sokolfarrell.org/>.

All scholarships will be awarded at the Annual Meeting of Sokol Farrell which will be held this year at the Avalon at Buhl Park in Sharon, Pa., on Sunday, June 2nd beginning at 1 p.m. Our meeting will begin following a luncheon that is free to Sokol Farrell members. (Members ages 15 years and under must be accompanied by an adult.) We are requesting that first year awardees attend the meeting to be recognized. We encourage renewals to attend also.

Sokol Farrell members who wish to attend the meeting will need to notify us no later than Friday, May 24th either by one of three different ways: 1) by personally informing an officer; 2) by calling our office phone at 724-977-0384 and leaving a message; 3) by sending an email to s_banjak@sokolfarrell.org.

Be sure to identify yourself and those members who will be attending along with you; Non-members who wish to attend will be charged. (Those 15 years and younger must be accompanied by an adult.)

Sokol Farrell is accepting donations to the Scholarship Fund. Well over \$40,000 has been awarded to our Sokol Farrell members. Donations may be sent to Sister Dorothy Slezak, Chairman; 6850 Seneca Road; Sharpsville, PA 16150. Checks may be made to Sokol USA Farrell.

FROM THE PRESIDENT'S VIEW

(Continued from Page 1)

ience. It is a grand coming together for Sokols from many countries. Its gigantic scale events and spectacular rhythmic movement performances are something not to be missed! There will be many smaller scale opportunities for members to meet and share experiences at Tyršův Dům to meet other Sokols and to make new friends. For more information about the Prague Slet, which will run from June 30 to July 5, 2024, follow the COS website: www.sokol.eu. A calendar of events is already listed, and the COS will update the website frequently now that the Slet is approaching.

Once again, I encourage our members to meet, to engage in physical activity and to embark on fraternal activities through their local Sokol lodges. Finally, you need not worry about eating the chocolate Easter bunny or too many Peeps, as they are calorie-free for this year only in celebration of the upcoming Slet in Prague.

Nazdar!

Brother Joseph Bielecki, President

HEY SOKOL GOLFERS!

Save the date for the best GOSH DARN

GOLF Scramble in Western Pennsylvania

Saturday June 8, 2024



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Bro. Tim Brandt, chairman

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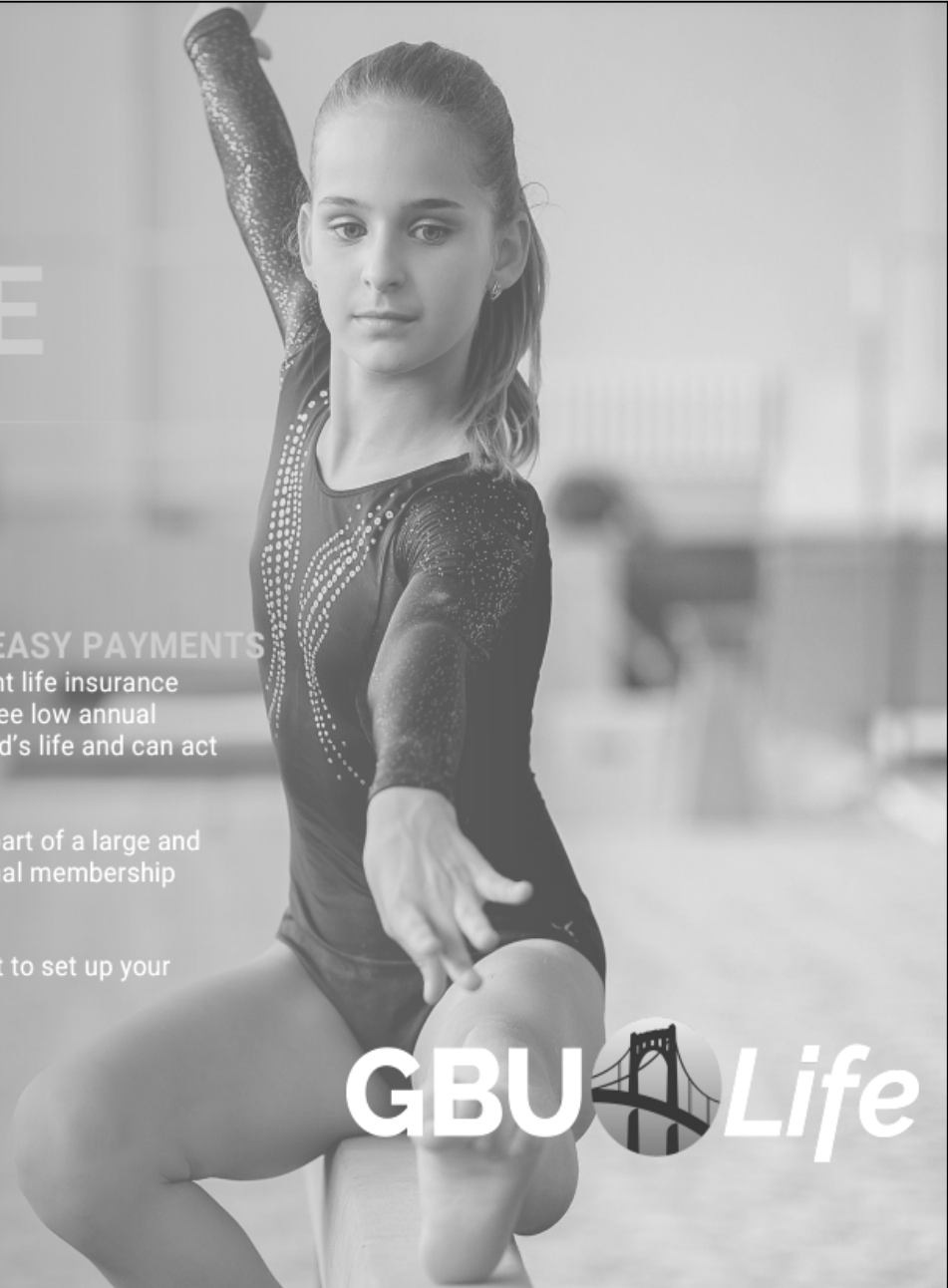
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SHARE YOUR FAMILY EVENTS WITH YOUR "SOKOL FAMILY"

The Sokol Times Social Page is a great way to keep up with your old and new friends! Share your families' events with your Sokol family. We want to hear from you. Only news regarding members of our lodges will be printed.

Complete one of the attached forms and mail the information and a photograph of clear quality to Sokol USA, 408 Main Street, P.O. Box 677, Boonton, NJ 07005-0677 or info@SokolUSA.org.

ENGAGEMENTS, WEDDINGS & ANNIVERSARIES



NAMES: _____

PHONE #: _____

HOMETOWN: _____

SOKOL LODGE: _____

YEARS MARRIED (IF APPLICABLE): _____

BIRTHDAYS



NAME: _____

BIRTH DATE: _____

AGE: _____

PHONE #: _____

HOMETOWN: _____

SOKOL LODGE: _____

PROMOTIONS, HONOR ROLLS & OTHER EVENTS



NAME: _____

PHONE #: _____

HOMETOWN: _____

SOKOL LODGE: _____

EVENT: _____

Photographs are not required, but they do add to the presentation. Please include a self addressed, stamped envelope if you would like your photograph returned.

Ski race



Lodge 30 members participated in the Bromley, Vt., ski race on Feb 3. From left are Ava Omasta, Brooklyn Lounsbury, Matty Mapes, Lindsey Mapes, Skip Omasta, Andrew Lounsbury, Mark Omasta and Stephanie Lounsbury.

Helping those in need



Ken Clever and Linda Ringle donating Christmas gifts for children in need around the area of Leechburg, Pa.

Super Bowl Celebration



Sokol Lodge 30 members celebrating during the Super Bowl at our annual fundraiser.



Jeff Clever and the president of the Leechburg Area Community Association donating money for children in need.

LODGE 32, BOONTON, NJ

Let's Stay in Touch

Would you like to receive **IMPORTANT** announcements from the lodge (minutes, news, events, etc)? Then please send an email with your name to: BoontonSokol32@gmail.com. We will gladly add you to our email list. Please spread the word to the rest of your family and Sokol friends.

Nazdar!
The Officers of Lodge 32
Boonton, N.J.



Members of Sokol Lodge 255 share some fellowship at their annual Christmas party.